



## Youth escaping through gambling

The growing popularity of poker has made gambling a mainstream addiction.

Feature 11

# SPOKE

A learning newsroom for journalism students

## Volunteering alive at Conestoga

LASA and police foundations students organize overnight walkathon.

News 3

## Women's team coming together

Extramural hockey players impressive at recent tournament.

Sports 15

Monday, March 6, 2006

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

38th Year — No. 8

# Vandalism shuts down game tables

By JASON SONSER

Students, faculty and staff may have noticed the pool and foosball tables have been out of order in the Sanctuary.

Sam Egleston, communications specialist for CSI, said the tables were shut down due to vandalism, after Spoke newspapers were stuffed into the pockets and goals.

"Originally, what we had was a problem with the foosball tables where students were stuffing them," Egleston said. "What happens when they stuff (the goals), it actually wrecks the inside of the game."

Egleston said CSI proceeded to take all the foosballs out of the tables.

"I believe it was a day or two after we'd shut down the foosball tables, that we went in the Sanctuary and realized that all the pool cue tips had been ripped off all the pool cues."

He said he didn't know if it was someone who was upset about the foosball tables being deactivated.

Egleston said the pool tables were then shut down since there were no usable cues with which to play pool.

A note was put on the pool tables saying if anyone knew who was responsible for the vandalism to come to the CSI. Despite a \$50 reward, no one's come forward.

Egleston said CSI has been looking at the tapes from the security cameras that monitor the inside of the Sanctuary.

"There are security cameras watching over the foosball and pool tables. We don't want to have to watch students because that's not what we are here to do. We've just had reoccurring vandalism, so we do it just as a precaution," he said.

Egleston said CSI has taken a lot of backlash since shutting down the tables.

"A lot of students (have been asking) when the pool tables were going to come back," he said.

He said the person who maintains the pool tables came in Feb. 16 and replaced all the pool cues.

"We kind of just want to get the message out that we're not going to tolerate vandalism. It's not fair to other students, students who pay their money to play pool or foosball, who actually enjoy the game and are willing to pay," he said.

"It's really bad, especially for the foosball tables," Egleston said. "No one has come forth in terms of the reward, but I'm not sure how much longer we'll keep it closed down. We can't shut it down forever, it's a service to the students."

Egleston said CSI has experienced ongoing incidents of vandalism for the past year and a half.

"The first incident on Feb. 9 involved the foosball tables. We went out there and found that the one table had been jammed full of newspaper," he said.

Egleston said all of the balls from the other foosball table were in the vandalized table.

"There were about 30 foosballs and I believe it's nine per game," he said. Egleston said one game of foosball costs 50 cents.

"It's pretty reasonable for foosball. At that point, all the foosball balls were removed but we left the pool tables open," he said.

"It was the next day that the pool cues were missing all the tips on them," he said. "At that point, we removed all the pool balls and shut down the pool tables."

"Students should know that if you vandalize school or student property, it's not cool and it could

be an issue with security, you could be fined, you might face academic penalty," he said.

The pool tables were expected to be back up and running on Feb. 22. As for the foosball tables, Egleston said they should be ready to use sometime after reading week.



(Photo by Jon Yaneff)

## Taking the plunge

Third-year business management student Kyle Handsaeme puts on a high-flying act before getting wet at the Polar Plunge Feb. 16. See Page 8 and 9 for story and more photos.

## Jackson remains CSI president

By JON YANEEFF

Matt Jackson will remain president of Conestoga Students Inc. (CSI) after CSI director Jonathan Wolf dropped out of the running for the presidency.

Wolf said he made the decision for personal reasons, which he wouldn't disclose, as well as other reasons.

"I just changed my mind on the whole idea," said Wolf, who was nominated for president. "I only had a year's experience with the CSI board and I thought Jackson would be a better president with a little more experience." Jackson has been on the CSI board for two years and has held three positions, director, vice-president and president.

Wolf said he is graduating this year from public relations, but he is looking forward to finishing his CSI term.

"I will continue my term until

May because I was elected by the students and I've always been willing to serve the students at the college."

There would have been a president selection meeting on Feb. 16 if Wolf hadn't dropped out of the running.

Jackson, a third-year business management student, said he will continue to be president this year part-time until he graduates and then he'll take it on full-time in the upcoming year.

"I'm very excited to be the president full-time and start acting on the issues full-time," he said.

The CSI president's annual salary is more than \$36,000.

The next term starts May 1 and ends April 30, 2007. Jackson is also the College Student Alliance (CSA) president.

The outgoing CSI board elects the president for the following school year.

Continued on Page 2

## Student makes VJ Search Top 10

By BRANDON WALKER

Imagine a young man coming out of high school in Oshawa and enrolling in a firefighter program at Durham College. After finishing, he decides to move to Kitchener and take woodworking at Conestoga.

Although his educational pursuits have changed, the one constant in Tim Deegan's life has been music. Playing drums and singing in several bands over the years has kept this love alive.

This year one of Tim's friends decided to try out for MuchMusic's VJ Search at Fairview Mall and for fun, Tim went with him. When the host of the tryout asked if anyone else wanted to come up on stage, he jumped at the chance.

While on stage, Tim talked confidently to the audience about why he should be chosen. He said he's a little bit wild and crazy and he likes "to climb on stuff." He said he feels MuchMusic is losing its edge and he can bring edge back to the show.

After the host told Tim he wasn't allowed to climb on the set behind him, she told him he had to show

some skin to win. He took off his shirt and the girls in the audience started hooting and hollering.

Tim was one of more than 2,000 people from across Canada who auditioned for the VJ Search. So far he's been extremely successful, making it to the Top 20 and then the Top 10.

Now the finalists compete against each other on a weekly TV show.

The contestants undertake different challenges while living in a \$6.4-million penthouse located in The Suites at 1 King West in downtown Toronto.

One contestant is eliminated each week by expert judges until there are five left and then the eliminations are decided by viewer voting through text messaging and the Internet.

Tim wasn't available for comment due to the show's busy production schedule. However, his friends had lots to say about him.

"Tim is a cool, funny cat," said Cole Nayler, a second-year broadcasting student at Conestoga. "He's a rock star, that's what he is."

"And he knows music. He's got the passion and it's what he really

wants to do. If you could describe a perfect job for Tim, that would be it. There's a lot of good competition there, but some people just don't have the complete package. They know a lot about music but don't have the television presence," he said.

The way he's acted on the show is the way he really is, Nayler said. "And that's to his benefit. He's not making a big splash but he's doing a good enough job to keep in contention."

"He doesn't like to stand out and be the loud one. He likes to play it smart. He likes to look at a situation and see how he can do his best. And that's why he's kept himself in as one of the top contenders," Nayler said.

"He's not stepping on anyone or burning any bridges, he's doing it right so far. He doesn't get shown a lot because he's not making a big fuss about it. He's keeping it real."

Tim's older brother, Michael, said Tim is much deeper than he's been shown on television. "There's a lot more to him but he's not one to grab the spotlight."

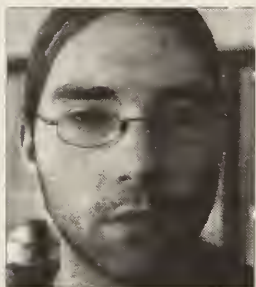
Continued on Page 2



## Now deep thoughts ...with Conestoga College

Random questions answered by random students

### What is the craziest thing you've done on Spring Break?

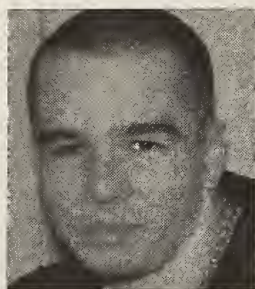


"I went exploring abandoned buildings."

*Ian Holley,  
first-year computer  
programmer/analyst*

"I finished off a Texas  
mickey."

*Ben Reid,  
first-year  
electrical engineering*



"I took a plane to  
Moncton to visit a  
stranger. It was very  
nice. We had lobster."

*Amanda Scheerer,  
second-year marketing*

"I went to Newfoundland  
and drank for a straight  
week."

*Chantelle Ryerson,  
human service  
foundations*



"We all went out drinking.  
Then we walked around  
Disney World and I was  
hitting on Ariel."

*Kiel Weber,  
third-year marketing*

"I got lost in Cuba. I was  
at the wrong resort, and I  
didn't know how I got  
there."

*Denise Leveille,  
second-year marketing*



Smile Conestoga, you could be our next respondent!

# CSI director drops out of presidential race

Continued from Page 1

The outgoing CSI board elects the president for the following school year.

"Each candidate has half an hour to give a speech," said Jackson. "After, they have up to an hour to answer questions from the board members, then the board votes on who they want for their president."

He said the duties as president include attending several meetings whether it's dealing with the student centre or student life in general. He or she also works with the college administration, lobbies the provincial government and deals with a broad spectrum of student issues on a regular basis. The president is required to work 24 hours a week.

"Quite often students come in the office and they have an issue they'd like to see CSI address," said Jackson.

He said the only issue he has dealt with as president was working to save the bus route for Conestoga students who commute from Cambridge.

"Saving Route 61 was one of my first accomplishments as president," said Jackson.

He said after former CSI president Justin Falconer resigned Jan. 23, he took over the issue and worked further with regional council to save the route.

"I'm now sitting on a committee, which includes CSI, some other students, the council, some of the administration and Grand River Transit, to try to look at ways to improve the route during the next eight months," said Jackson. "I hope we will continue to be successful and I think our message was received loud and clear, that Route 61 is needed at the college."

The nominations for the vice-president closed on Feb. 15 and the position was filled during a vice-president selection meeting Feb. 23. The meeting is similar to the presidential selection, except candidates are only given 15 minutes to give a speech instead of 30 minutes.

Jackson said the president and the vice-president work together on a regular basis.

"The board acts with one voice, so after the board makes a decision I relay that message to the college."

The vice-president is required to spend 15 hours a week in the office.

The nomination process for seven new CSI board of directors is underway with an election being held in March. The voting will take place online through Conestoga's website ([www.conestogac.on.ca](http://www.conestogac.on.ca)), where students have the opportunity to elect their new representatives for the upcoming year.

Jackson said the president and vice-president positions are filled within the board to give some continuity to the board.

He said the seven director positions are open to any full-time student at the college.

"Students wishing to be nominated have to pick up a nomination form from the CSI office, do their campaign period, give their campaign speech and then we hold the elections after that," said Jackson. "I know many of the current board members this year are graduating, so they won't be back."

## Student vies for coveted MuchMusic job

Continued from Page 1

If Tim had to choose between being a VJ and making it big in a band he'd choose the band, Michael said. "He likes making and playing music more than anything."

When asked what Tim needs to work on in order to win, Nayler said his speaking. "He definitely needs to get a better vocabulary and improve on the words he uses and when he uses them. He uses a lot of the same phrases, but every once in a while he'll use a new phrase that'll show a different side to him."

Nayler said he met Tim last year when they were roommates. "He always made me laugh. He'd play some music while we did the dishes and he'd dance and he's like the worst dancer in the world. He claps and snaps. But he's got that cool confidence about him."

"The first time I met Tim he was dressed up as a dog," said Lindsay Green, one of Tim's friends from Durham College. "It was for fire prevention week in the Oshawa Centre and he was dressed up as Sparky, the fire prevention dog. He was talking to kids and posing for pictures."

Green said seeing him strip on the show didn't surprise her because he's done it before.

"We were at the Durham College pub and it was a few hours before Tim was going to strip to raise money for a youth shelter. People were going to bid to win a date with the person on stage and he'd never stripped before so he wanted to practice. He climbed up on the bar in front of me and my boyfriend and a few other people and started stripping," she said.

Unfortunately, it didn't go as



(Internet photo)

Tim Deegan, a contestant on MuchMusic's VJ Search, is "a rock star," according to a friend.

smoothly as it did on television. "He hit his head on a light hard enough to make it swing back and forth and everyone laughed at him. He did really well that evening though. He raised the most money for charity, \$55, and the second highest stripper only raised \$25."

Green said she hopes he wins the job at MuchMusic. "He's very down to earth and genuine. I don't see it going to his head."

When asked what he could do better she said, "He needs to do something so he's noticed more. I think he's a bit in the background sometimes."

She said he's usually loud and fun around people he knows. "But if he doesn't know them he's not as loud, but he's never quiet."

Tim is always listening to the next up-and-coming band, said Tim Janssen, a good friend of Tim's and a former classmate from Durham College. "He analyses their style and use of instruments. Music is very important to him," he said.

"If the opportunity came that

(his band) was going to get a contract he would love the chance to become a rock star."

What most people don't realize about Tim is that "he is also a spiritual person, he is a very devoted Christian. He even has a tattoo of his favourite Bible verse on the under side of his arm," said Janssen.

It's strange that Tim hasn't been given more airtime on the show, said Fraser Zerebecki, one of Tim's woodworking classmates and friends. "He's done as well as any of us could expect but he needs to talk more about music. If he does that, he's set."

"He's got that image, when you first look at him you think he's a model or a DJ or something. I've got my money on him (to win)."

"He's got that image, when you first look at him you think he's a model or a DJ."

*Fraser Zerebecki,  
woodworking student  
and Tim's friend*

Zerebecki said Tim is a genuinely good person who'd give the shirt off his back to someone in need. "He's definitely a pretty boy but he likes to do crazy things occasionally. When we used to go to the gym we'd walk by people playing hockey and he'd moon them. I'm not sure if they ever saw him or not."

"It's sort of weird having him leave (to go on the show) because now I don't have a gym partner. We've gone on quite a few adventures together," Zerebecki said.



# Students take steps to promote volunteerism

By TARA RICKER

It is 6:55 a.m. with only one more lap to go. Participants can no longer ignore the burning pain in their feet but at the same time they feel a sigh of relief as they undergo their last lap. When they finally cross the finish line they realize that every step was worth it.

On Feb. 17 Conestoga College held an overnight walkathon for charity.

Thirty-one participants walked through the halls of the college from dusk to dawn. They walked for a total of eight hours, totalling a distance of 34 kilometres.

Their journey began at 11 p.m. Feb. 17 and ended at 7 a.m. Feb. 18.

Students and faculty at the college showed their support for the walkathon by placing money into plastic containers that were placed around the college throughout the week of the event.

The event raised a grand total of \$220. The money raised was donated to the Volunteer Action Centre in Waterloo.

"I was thrilled when the college first approached us," said Gwenanne Jorgenson, community relations co-ordinator at the centre. "The college and the centre working together is a great match."

The Volunteer Action Centre is a non-profit organization that helps connect people with volunteer opportunities.

"The funds the college raised for

us will not only help out the community, but hopefully also promote awareness to volunteers within the community," said Jorgenson.

The newly organized Conestoga College Volunteer and Action Team Club put the walkathon together.

The team started off as the law and security administration and police foundations volunteer fundraising group. This group was oriented toward LASA and police foundations students, to organize an event in which the money raised would be donated to a charity. Members of the group felt that there was not enough volunteering or volunteer awareness throughout the college and decided to take the group college wide and organize events to raise awareness of volunteering.

"The purpose of the club is to promote volunteer work though the college and tri-city area," said Jeremy Jeffrey, chair of the club.

Jeffrey, a first-year police foundations student, said the club's initiative is to hold a variety of seminars and special events to promote volunteering and build a stronger community.

Only students from the police foundations program participated in the walkathon even though it was open to all students and faculty at the college.

"It was somewhat of a disappointment that students and faculty from other programs didn't participate," said Jeffrey. "If we do it



(Photo by Tara Ricker)

Jeremy Jeffrey and Cory Abdol, first-year police foundations students, count money donated for participants of the walkathon held Feb. 17. A total of \$220 was raised for the Volunteer Action Centre in Waterloo.

again next year, hopefully we will attract a wider scope of students and faculty within the college."

Stacey Dykeman, a first-year police foundations student, was a participant in the walkathon.

"The hardest part of the walk for me was keeping myself motivated," said Dykeman. The students who participated in the walk said they found their motivation in their instructor Andy Knetsch.

Knetsch walked the entire eight hours with his students.

"Having him with us was amazing," said Dykeman. "He was in great spirits the entire time and he kept us going."

Knetsch said he participated in the walkathon because of the emphasis on volunteerism.

"Many employers today look for candidates who have spent time volunteering within their commu-

nity," said Knetsch. "Becoming a volunteer can benefit a student when it comes time to getting a job and I am behind that 100 per cent."

Overall, Jeffrey said the walkathon was a success and that the club is going to look at making it an annual event.

"It was such a great experience because it felt like the whole college was behind us thanks to its generosity."

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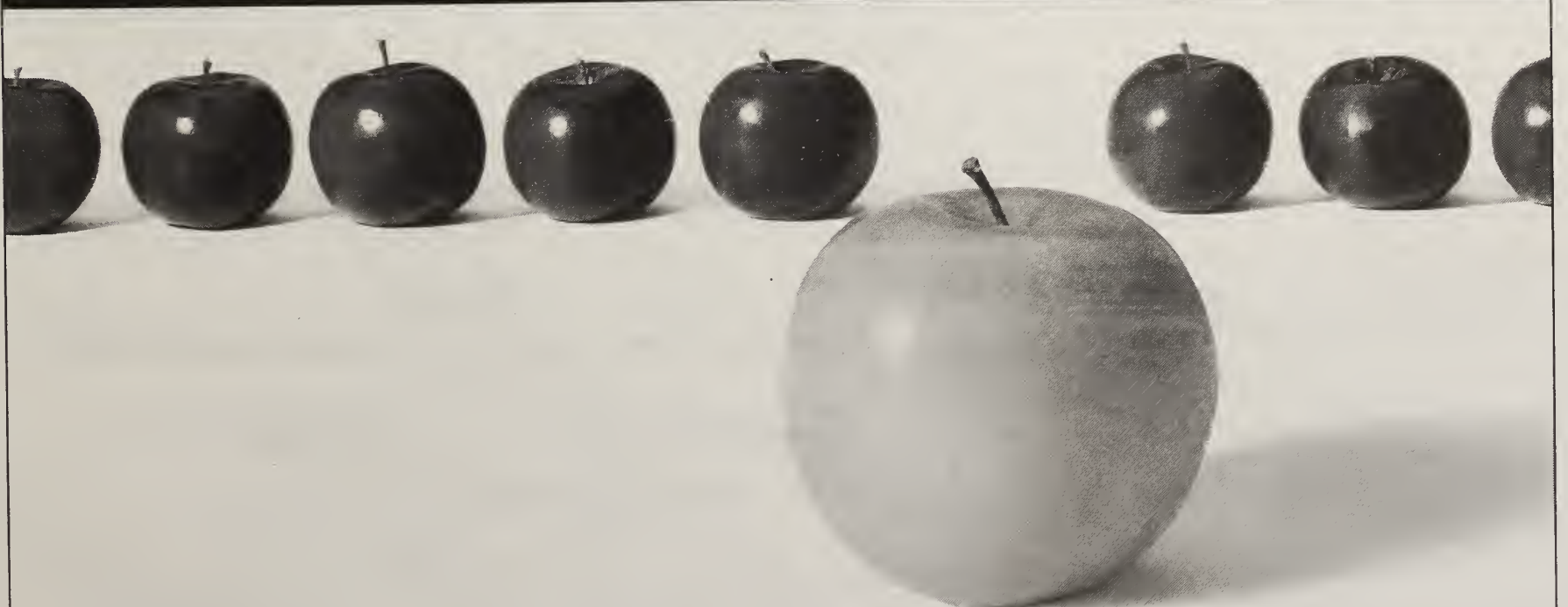
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**COMMUNITY INVOLVEMENT INNOVATION LEADERSHIP ACADEMIC ACHIEVEMENT**





## Can freedom of speech have limitations?

It's not a black and white issue. The shades of grey abound in the recent debate over whether the publication of the ultra-controversial Danish political cartoons depicting Muhammad was right.

Recently, one of the cartoons was published in The Cord Weekly, Wilfrid Laurier University's student newspaper. Although the face of Mohammed was censored with a black bar, an Islamic prayer was not censored on the bomb-shaped turban Mohammed was wearing.

Islam prohibits images of Mohammed in an attempt to prevent idolatry - excessive or blind devotion - reported The Record in a Feb. 11 article.

After Muslim students complained and pointed out the prayer was one any Muslim would recognize, according to The Record, editors at The Cord issued an apology immediately - the same day the paper hit stands.

Most mainstream newspapers and television stations in Canada have opted not to print or broadcast the controversial cartoons.

About a dozen of the cartoons were published in Denmark in September and were later printed again in some European newspapers.

The reprint sparked riots and protests in some Muslim countries. The Record reported, and protesters in Lebanon and Syria even attacked Danish embassies.

A number of Muslim countries are also boycotting European products.

The European papers that published the cartoons argued they were expressing their freedom of speech.

However, some would probably argue the cartoons were better defined as hate crimes than sentiments of free speech.

Although The Cord had every right to publish the altered cartoons, it was the right of every student who saw and was offended by their publication to lodge a complaint.

It was the complaints of three students that garnered an immediate apology.

The Cord could have told the story without publishing the offensive cartoons.

If people want their freedom of speech to be upheld, they must consider their own values and whether what they are saying can benefit the population - or wound.

The publication of the cartoons, for the most part, only fuelled the tensions between the West and East.

The cartoons have insulted the Muslim faith and left believers with a painful scar that will take time to heal. Many people have died, and will die, in riots and protests over the cartoons.

The only good thing that could come of this is the debate over whether freedom of speech has limitations, and if so, what they are. It's an important question to ask yourself and to discuss with peers.

Until there's an answer, the debate will continue. But this time, leave the cartoons out of it.

The publication of the cartoons, for the most part, only fuelled the tensions between the West and the East. The cartoons have insulted the Muslim faith and left believers with a painful scar that will take time to heal. Many people have died, and will die, in riots and protests over the cartoons.



With Dick Cheney as your friend, who needs enemies.

## Freedom of expression a must

Can you imagine if you didn't know what was going on around you?

What if you weren't allowed to express your opinion freely and without worry?

Fortunately for us, we are allowed to express ourselves and listen to and read media outlets because we live in a democratic country. For most developed countries, freedom of the press implies that all people should have the right to express themselves in writing or in any other way of expression of personal or creativity.

The Universal Declaration of Human Rights says, "Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive, and impart information and ideas through any media regardless of frontiers."

For many people around the world this is not possible and I'm just glad in Canada journalists and citizens alike are able to express themselves. In countries where freedom of expression doesn't exist, journalists



Steph Baulk

Opinion

and other individuals live in fear of being murdered, expelled from the country or harassed.

Censorship and self-censorship as well as how much independence a media outlet has and difficulty some reporters may face can make freedom of the press almost non-existent. To live in a country where I know what is going on around me without worrying about whether the government has dictated the news, or whether journalists aren't reporting on an issue of concern because they fear for their life, is of comfort to me.

Ken Peters, a reporter for the Hamilton Spectator, is a good example of how press freedom was jeopardized when he was found guilty on Nov. 16, 2004, of contempt of court, in Hamilton, after

refusing to name a person who was present when certain documents were given to him by a source in 1995.

The documents were regarding problems in a nursing home in Hamilton. Almost a decade after the story ran, the nursing home filed a lawsuit against the City of Hamilton and Halton Region.

Peters was fined \$31,600 after the judge ordered him to compensate the parties in court for the legal bills run up during the delay caused by his refusal to reveal the source. The Spectator paid the fine.

"What if it's a freelancer next time, or what if it's an employee of a small paper that doesn't have the financial wherewithal to carry this?" Peters said on a CBC news report. "Does that mean then that stories that are important, the stories that should be exposed, won't be exposed? And that's a concern to all of us here."

When a reporter or an individual has to worry about going to jail or is threatened to name a source it makes me wonder what kind of place we are living in.

### Letters are welcome



**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

**Spoke** reserves the right to edit any letter for publication.

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# NBC needs 101 in Olympic coverage

Shaun White, Lindsay Jacobellis, Seth Westcott, Michelle Kwan and Bode Miller. They are all American athletes who were chosen by their country to sweep the podium, leaving a snowy, cold trail after them. They were all names that went hand in hand with the 2006 Olympics.

The Winter Olympics arrived in Turin, Italy. There were a staggering 80 nations participating in the games, including North and South Korea marching in under one flag, one athlete from Barbados and a team from Spain with no luggage or equipment.

However, if you turned to the coverage provided by NBC, you started to forget all of that. NBC has been covering the Olympics for many years now, and for many years, they have placed the majority of the focus on American athletes and few others.

Television audiences have been waiting for four years for these games to come around, not only to watch their favourite sport, but to



Kristin Grifferty

Opinion



watch a sporting event that includes almost all nations, religions and languages. The Olympic Games are one of the highest publicized sporting events because of the magnitude and involvement of so many people all across the world.

Broadcasting station NBC and reporters like Bob Costas, Katie

Couric and Matt Lauer did a superb job of masking the temporary world-unifying event, focusing on the hot shot, logo wearing, flag-waving superstars, err, um, athletes.

CBC was the other main television network that broadcasted the Olympic Games, lead by veteran anchor Brian Williams. The Canadian-based station did its fair share of showcasing Canadian athletes and their personal sob stories, but there are several differences between NBC and CBC that viewers need to be in tune to.

CBC broadcasted Olympic events throughout the majority of the day, doing an impressive job at bringing races, performances and medal ceremonies live and up to the minute.

NBC, on the other hand, often had a morning broadcast and an evening broadcast, from which they selected the American athletes and one or two other top runners, and aired a taped version of the event.

NBC only showcased and glorified American athletes. The

network failed to show other competitors unless it was a medal-winning performance or an impressive spill or injury. To be fair, CBC did promote and sensationalize Canadian athletes and their personal stories, but they seemed to do a much better job of airing other athletes, including their events and personal stories.

Other small things differentiate

**NBC only showcased and glorified American athletes. The network failed to show other competitors unless it was a medal-winning performance.**

the CBC coverage from the so-called NBC coverage. The endless commercials, athlete montages and blatant push of American patriotism made you feel as though you were sitting on the floor of George Bush's living

room, with a flag in your hand and a smile on your face.

Understandably, part of the reason for NBC's selective coverage is because many viewers are only interested in how their athletes are performing, and have no real interest or knowledge in how the Virgin Islands produced a contender in the luge, or how Kenya had an athlete in cross-country skiing.

Am I wrong in thinking that perhaps that would be an interesting story to tell?

When I watch the Olympic Games, whether it's summer or winter, I like to watch the interaction and competitive spirit between athletes who in any other circumstance would never be brought together.

If that means turning off Couric, Lauer and the other NBC comrades who think they can learn to race a Super-G by joking around with the cocky Bode Miller, then so be it. I will take the slightly old and stuffy Williams and his international flair for sports any day.

## Take your own advice before sharing it with others

We have all noticed the yellow sign dangling from the rear window of a vehicle from time to time, alerting us that a small child is in the vehicle.

The "Baby on Board" sign.

A well recognized symbol informing drivers to drive extra carefully while in the vicinity of a vehicle displaying the sign.

The whole concept has always seemed rather peculiar to me because shouldn't all drivers be cautious of all the cars on the road, whether or not a sign is being displayed.

Anyways, that is not why I'm writing this.

The other day on my way to



Tara Ricker

Opinion

school I noticed one of the infamous signs in the window of a car ahead of me while stopped at a red light.

I didn't really think anything of it until I noticed the mother driving the car. It wasn't the mother herself that caught my attention, but it was what she was doing. She was smoking a cigarette.

I could not believe my eyes. This mother expected perfect strangers to take into account the safety of her child while clearly she herself was not.

Then I thought maybe she was alone in the car.

As I proceeded through the intersection I passed the car only to find a baby snug as a bug in a car seat in the back seat of the vehicle.

I have no problem with parents displaying a Baby on Board sign, but if they do so, they should at least take the message to heart themselves.

Why should we care if they don't?

## Do you consent to donating your organs?

A new controversial bill is a hot topic among Ontarians.

The idea of presumed consent of organ donation has many wondering what will happen to their bodies after they die.

Ontarians currently have to state whether they want to donate organs by filling out a donor card or write so in a will. Many forget to do so.

Currently, it is easy for Ontarians to neglect the topic of whether or not they are for or against organ donating.

Many Ontarians don't have the piece of paper or even remember being given an organ donor card when they received their driver's licence.

**There are many things wrong with presuming someone is OK with their organs being harvested.**

A system where people have to fill out a card, in pen nonetheless, stating whether they will donate their organs is cumbersome.

New Democrat MPP Peter Kormos, who drafted the bill and introduced it to the provincial legislature on Feb. 16, said its aim is to reduce the number of people who die awaiting transplants.

The bill states that Ontario hospitals should be able to freely harvest organs unless a dying patient objects beforehand.

There are many things wrong with presuming someone is OK with their organs being harvested.

I have no problem with giving



Vanessa Parker

Opinion

my organs away after I die. I see no point in keeping them when I definitely won't be using them. For some though, their strong religious beliefs wouldn't make this OK.

The number of Ontarians donating organs is drastically low.

CBC's website on Feb. 17 stated that last year there were 142 organ donations in Ontario, and hundreds of people were on and are still on waiting lists.

Also in 2004, nearly 250 people across Canada died while waiting for a transplant.

There is a clear problem that needs to be addressed.

I just don't feel that taking away a person's right of choice is the way to handle it.

In Canada, about 14 in every one million people donate their organs after they die. Portugal, Spain and the United States have donor rates ranging from 20 to 32 per million.

I propose Ontario takes measures to have it stated on your driver's licence, like many states do, whether you are in favour of donating your organs.

American licences have red hearts printed on them meaning the driver is willing to donate his or her organs.

If Ontario is to pass a bill that makes organ donation mandatory, the government needs to do so carefully, ensuring those who don't support it can easily opt out.



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# Natural medicine making a comeback

By TARA RICKER

We have all heard that everything that was once in style eventually comes back into style. It appears that is no longer just the case for fashion, but also for medicine.

Naturopathic medicine is making a comeback after being pushed aside by "scientific medicine."

"Naturopathic medicine and treatments have entered a new era of rejuvenation," said William Dronyk, a naturopathic doctor in Kitchener.

Naturopathic medicine is a form of primary health care that has been practised in North America since the early 1900s. In 1925, Ontario formally recognized it under the Drugless Practitioners Act.

"Naturopathic doctors recognize the inherent ability of the body to heal itself and act to identify and remove obstacles to its recovery," said Dronyk. "Symptoms are seen as manifestations of the efforts of the body to return to health."

The goal of naturopathic treatment is to identify and eliminate the underlying causes of illness rather than suppressing symptoms, he said.

"Many medical doctors focus solely on symptomatic treatment without looking for the root of the problem," he said. "A human body is like an onion, you have to expose different layers to find the layer causing the problem."

Naturopathic medicine, sometimes called "naturopathy," was first used in Canada a little over 100 years ago. But the natural therapies and the philosophy on which naturopathy is based have been effectively used to treat diseases since ancient times.

The earliest doctors and healers worked with herbs, foods, water, fasting and tissue manipulation, gentle treatments that do not obscure the body's own healing powers.

Today's naturopathic doctors continue to use these therapies as their main tools and to advocate a healthy dose of primary prevention.

In addition, they conduct and make practical use of the latest biochemical research involving nutrition, botanicals, homeopathy and other natural treatments.

For many diseases and conditions, such as ulcerative colitis, asthma, menopause, flu, obesity and chronic fatigue, treatments can be primary and even curative.

Naturopathic doctors also function within an integrated framework, for example, referring patients to an appropriate medical specialist such as an oncologist or a surgeon. Naturopathic therapies can be employed within that context to complement the treatments used by conventionally trained medical doctors. The result is a team-care approach that recognizes the needs of the patient to receive the best overall treatment most appropriate to his or her specific medical condition.

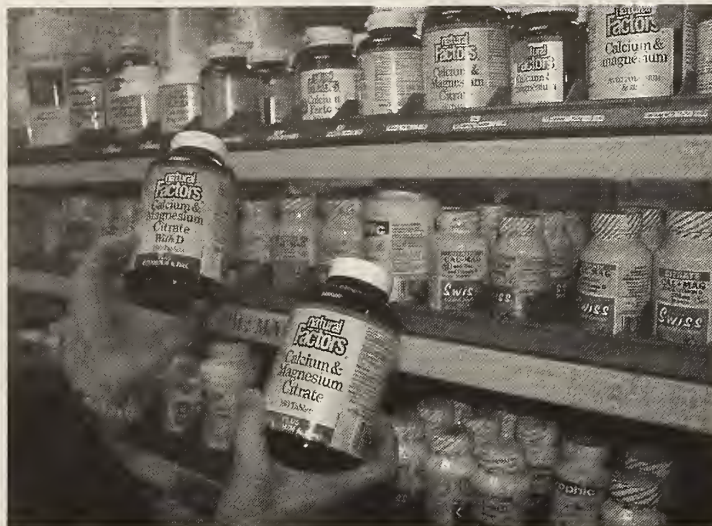
Naturopathic medicine was popular and widely available throughout Canada well into the early part of the 20th century.

Around 1920, there were a number of naturopathic medical schools and thousands of naturopathic doctors and patients using naturopathic therapies.

However, the rise of "scientific medicine," the discovery and increasing use of "miracle drugs" like antibiotics, the institutionalization of a large medical system caused a temporary decline of naturopathic medicine and most other methods of natural healing, said Dronyk.

By the 1970s, however, the Canadian public was becoming increasingly disenchanted with conventional medicine. The profound clinical limitations of conventional medicine were becoming obvious, and millions of Canadians were inspired to look for new options and alternatives.

"Today, licensed naturopathic doctors are experiencing noteworthy clinical successes, providing leadership in innovative natural medical research and are looking



(Photo by Tara Ricker)

Consumers are now purchasing alternative natural supplements as opposed to medication prescribed by family doctors. These supplements are readily available at any health food store.

forward to an unlimited future and potential," said Dronyk.

Medical doctors have a wide range of opinions regarding naturopathic medicine. Some medical doctors are very comfortable co-treating patients who receive naturopathic care. Other medical doctors are unreceptive to alternative therapies.

"Patients can ask their physicians if they are open to working with alternative medicine providers," he said. "There are many physicians in practice who are willing to work in conjunction with naturopathic doctors."

However, not all medical doctors are pleased with how rapidly patients are turning their heads to a naturopathic approach.

"It's a quick fix," said Dr. Gillian Oliver of Kitchener. "Patients who receive naturopathic treatment are likely to run into complications down the road."

Oliver said patients may be happy with the results at first, but will experience a downfall with the treatment they receive sooner than expected.

"I think naturopathic doctors are misleading their patients in a big way," she said. "It is bound to blow

up in their faces one of these days."

Dronyk laughed when he heard Oliver's response.

"Medical doctors are the ones who believe in giving their patients a quick fix by prescribing a pill without even looking into the root of the problem," he said.

Dronyk said medicine prescribed by medical doctors contains harmful chemicals that are damaging the human body.

"Medical medicine may help cure a patient's symptoms but at the same time, depending on the type of medicine prescribed, it can cause damage to an internal organ," he said. "Medical doctors don't take the time to look at the whole picture."

Health and disease results from a complex of physical, mental, emotional, genetic, environmental, social and other factors.

"Since total health also includes spiritual health, naturopathic doctors encourage individuals to pursue their personal spiritual development."

Naturopathic medicine recognizes the harmonious functioning of all aspects of the individual as being essential to health. The

multi-faceted nature of health and disease requires a personalized and comprehensive approach to diagnosis and treatment.

"Naturopathic doctors treat the whole person taking all of these factors into account," he said.

Dronyk said he believes that in the next 20 years health will be treated the way it should be, taking into account the whole aspect of a human being.

"I believe health professionals are going to finally consider soul, spirit and emotions when treating their patients."

Medical doctors are going to wake up and realize that they have to start looking at diet, rest and exercise as being part of the whole regiment for health, he said.

"I believe the movement back to naturopathic medicine is in full force."

The Canadian College of Naturopathic Medicine in Toronto has noticed the growing movement over the last few years with enrolment at the college on the rise.

"The average age of applicants is declining, indicating a trend that students are preparing early, before or during university, for a career in naturopathic medicine," said Patricia Scott, manager of student services at the college.

Formerly, many students were initially unaware of naturopathic medicine and decided to pursue a naturopathic doctor career as a second or third career, said Scott.

"With the introduction of new naturopathic programs and the regulation of new provinces and states, naturopathic medicine is becoming a first choice for many students."

She said many universities are now sponsoring complementary and alternative medical societies on their campuses indicating that students are seeking an alternative form of medical schooling.

"As naturopathic medicine grows in popularity and acceptance, so does the pool of prospective naturopathic doctors in training."

## Carnation sales in full bloom this year



(Photo by Steph Baulk)

By STEPH BAULK

Did you get a SWAK this Valentine's?

If you did, don't worry, it's not a bad thing.

It just means you were one of the 250 people who received a carnation, which was Sealed with Alumni Kisses, or two Hershey Kisses.

The Alumni Association sold the carnations inside Door 3 and Door 5 on Feb. 14 to students, faculty and staff who wanted to give a little something to that special person.

Monica Himmelman, alumni relations and annual fund officer, said this year the carnations sold out by noon, which was a record for them.

"We were sold out way before we usually were," said Himmelman. "We usually sell out by 1:30 p.m. or 2 p.m., but by lunch hour we had no flowers left."

Himmelman jokingly said she didn't even have to call upon her family and friends to come and pick up a carnation this year.

"Usually near the end, I'm call-

ing up people asking if they got their flowers yet," she said.

A big reason the flowers may have sold out faster this year is because there were more students on campus said Himmelman.

"Last year was a Monday, but we also had a blizzard," she said. "So I think it being a Monday morning and there being a lot of snow, there weren't many people on campus. This year was a nice day and I think on Tuesday, Wednesday and Thursday you get the most people on campus."

Himmelman liked that a lot of the students were buying the flowers this year.

"We get everybody buying, but it's just a nice event for students," she said. "We try to keep it really affordable for them and I think the kids had a lot of fun (with the carnations)."

Himmelman also loved that Conestoga's first Clothesline Project was at Door 3 with the Alumni Association.

"I loved the whole Clothesline Project being with us. I think they

really added to it," said Himmelman. "People were stopping by to look at the T-shirts, so it was really great."

The Clothesline Project, which was sponsored by the Women's Resource Group and CSI, was an event where students decorated 25 shirts with messages about healthy relationships.

The Alumni Association sells carnations for two reasons. First, they are much less expensive than roses and secondly, because carnations last a lot longer. Roses have a tendency to bruise in transit really quickly.

Himmelman said SWAK is an event of the Alumni Association of Conestoga and if they realize they have made any profit from their sales the money goes toward the alumni scholarship.

"But it was a break-even event this year and they planned it that way," she said. "So it really is to raise awareness and to have a little fun on campus. When mid-terms are starting, it can be a pretty heavy time of year."

Margie Williams, development and alumni assistant (left to right), Beti Canet, development officer, and Monica Himmelman, alumni relations and annual fund officer, sold carnations that were sealed with alumni kisses by Door 5 on Feb. 14. They sold all 250 carnations before noon, which was a record for sales.



CONESTOGA STUDENTS INC.  
BOARD OF DIRECTORS' ELECTION

# ***FILL IN THE BLANKS***



## ***DO YOU WANT TO BE PART OF STUDENT GOVERNMENT?***

*Ask for a Director Nomination  
form in the CSI office the week  
of March 6th - 10th*

**OR**

*Vote for your favorite director(s) under  
the current student section of the  
Conestoga College website (Mar.27-31)*



# Conestoga College experiences



(Photo by Benjamin Richmond)

About 40 plungers stripped down to their bathing suits and took a giant leap into the ice cold water during the Polar Plunge on Feb. 16

## 40 Polar Plunge zanies raise \$5,100 for charity

By BENJAMIN RICHMOND

Since the early '80s, students at Conestoga College have been stripping down and plunging into the cold Canadian winter.

This year Conestoga celebrated the 25th anniversary of the Polar Plunge on Feb. 16. With the temperature at -1 C and the ground covered in snow, the weather was just right for the occasion. Light freezing rain came down as a crowd of spectators gathered outside the Blue Room.

For the second consecutive year, plungers were unable to jump into the pond for safety reasons and because the ice was too thin. Hence, an inflated pool, filled with ice, cold water and snow, was set up beside the pond.

With a crowd of bundled-up students and faculty waiting their arrival, about 40 plungers lined up at the door, inside the college. The plungers were dressed in a variety of costumes, including a Viking, a Rastafarian and hockey players.

One by one, the plungers were announced as they made their way to the pool. With the crowd cheering them on, the participants jumped into the cold water, and most of them quickly got out.

Ryan Buisman, a first-year police foundations student, jumped into the water twice and said the water was colder than he expected. "The first time in wasn't that bad, the second time was even colder."

First-year paramedic student, Jerry Vanleeuwen, said he agreed that the water did not get any warmer the second time. "I've done it before and I didn't expect it the first time ... the second time was a little worse."

Aside from the initial shock, some effects of jumping into cold water are an increased heart rate, frostbite and, eventually, hypothermia. However, in order for these effects to occur, one would have to be in the water for about 30 minutes. In case any medical problems arose, paramedics were on hand to assist with any medical problems.

After all the plungers jumped, everyone met in the Blue Room for warm soup, hot chocolate and

cake. People were still wrapped in towels, wearing wet bathing suits and dripping water as they gathered with one another and began to warm up.

CSI president, Matt Jackson, was at the event and he said he was impressed with the turnout at the Polar Plunge. "The event went off with a bang. It's been an extreme success."

This year not only marked the 25th anniversary of the Polar Plunge for Conestoga, but for the Heart and Stroke Foundation as well. Both the college and the foundation started the event in 1981 as a way to raise money.

Kathy Gauci, co-ordinator for the foundation, attended the Polar Plunge to collect the donations. The foundation provides health promotion information to schools and corporations and helps with fundraisers like the Polar Plunge.

All the money raised from the events goes toward research and health promotion for heart disease and stroke prevention. Gauci said this region is fortunate to have four researchers at the University of Waterloo. "The majority of our money stays in our region, for our community."

This year's event raised more than \$5,100, which is up about \$2,000 from last year. Jackson said everyone who raised money and came out should be proud of themselves. "We showed some strong school spirit today."

Every participant received a package of gifts, including the Polar Plunge touque, "as a token of our appreciation for their hard work," Jackson said.

Kyle Handsaeme, a third-year business management student, planned a routine with his friend for the event and said it was an exhilarating experience and he would do it again in a heartbeat. "We're planning for next year already."

Jackson said CSI is proud of the event being in its 25th anniversary. "It's been going for over a quarter of a century and we'll continue it going in the years to come."

Gauci said Conestoga's Polar Plunge is one of the more unique fundraisers. The event has recently sparked other schools to hold their own plunges. The University of Guelph has held a polar plunge for the past two years, and Sheridan College is also doing a plunge this year. "This (Conestoga) is the unique place that started it all," said Gauci.

Students signed up for the event at the CSI office, where they received their pledge forms to raise money to jump into the cold water. Buisman, along with fellow police foundations students Ted Bennet and Matt Woolvett, got one of their teachers to sponsor them to jump. Handsaeme said one of the reasons he jumped into the pool was to raise money. "You're helping out a really good cause and it's obviously a fun thing to do."



(Photo by Benjamin Richmond)

The plungers wore a variety of colourful costumes to entertain the crowd on hand.

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E Wing Foyer

Engineering, Information Technology & Business

March 16, 2006 10:00-1:00

E Wing Foyer

Health Sciences, Community Services & Biotechnology

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- Have your Resume and Cover Letter critiqued, and have lots of copies on hand
- Dress for success to make a great first impression
- Network on your own instead of in groups, - stand out from the crowd!

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# the grand Canadian winter



(Photo by Benjamin Richmond)

The crowd backs up as they prepare for a big splash at the Polar Plunge.



(Photo by Benjamin Richmond)

A crowd of students gathered around the pool to cheer on the participants as they plunged into the cold water.



(Photo by Benjamin Richmond)

CSI president, Matt Jackson, helps out by shovelling more snow into the cold water.



(Photo by Jon Yaneff)

First-year paramedics Jerry Van Leeuwen and Josh Willekes warm up after taking their plunge Feb. 16



(Photo by Benjamin Richmond)

Some participants took a minute to soak in the cold water in the pool before retreating to the warmth of the college.



# POLAR PLUNGE 2006

CSI would like to thank the following people for there help in the 2006 Polar Plunge: ALL the jumpers and participants, Monica Himmelman, Rob Brown, Leanne Holland Brown, The Heart & Stroke Foundation, Mike Lindsay, Chartwells (Andy Stavely), Stacey Flicker, Lindsay Silva, Sam Egleston, Janie Renwick, Judy Dusick, Matt Jackson, Dolly Phan, Andrew Mercier, Jonathan Wolf, Mark Araujo, Adam Zmundski, Paramedics, Melanie Sander, and if we have forgotten you - THANK YOU SO MUCH!

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# Youth use gambling to escape life

By BENJAMIN RICHMOND

With the growing popularity of poker over the past year, gambling has become more of a mainstream addiction.

Much like adults, young people participate in varied types of gambling activities, with cards, sports betting, lottery tickets, games of skill and the Internet being the five most popular forms. As reported in a recent survey by McGill University, 80 per cent of adolescents between 12 and 17 have gambled during the past year and 30 per cent of them gamble at least once a week. Four to eight per cent of adolescents are reported to have a serious gambling problem.

The survey also showed that children often begin gambling with their family and friends when they are around the age of 10.

Jennifer Beers, a problem gambling counsellor with Homewood Community Addiction Services in Guelph, said children are more likely to develop a gambling addiction than adults, because they are exposed to it at a young age. She added children get the wrong message about gambling because they only see the positive outcomes. "Most parents come home and tell their kids when they win money at the casino, but people usually don't say anything when they lose."

Another source where children only see the glamour of gambling is television. Beers said the poker games on TV always show the winners' excitement when they win, however, the children never see the negative effect gambling has on the losers. "Kids think it's (gambling) a great way to make a living, but they never see the losers go home broke."

Homewood has been helping problem gamblers since 1998, and Beers has been with the service for three years. Beers said Homewood has seen an increase in the number of callers because of the rising popularity of television and online gambling. "We have seen a boom in the number of people calling in for help. Compared to numbers (of callers) from the first couple of years, we have seen an increase of about 300 per cent."

Beers added the number of young problem gamblers in particular has

skyrocketed in the last six months.

The McGill survey showed adolescents with gambling problems come from all social backgrounds and include both males and females. Young gamblers are often still students, who are single and live at home with their parents. For the most part, adolescents do not gamble for the sole reason of winning money.

According to the survey, the three main reasons adolescents gamble are the excitement and enjoyment of the game, to relieve boredom and to relieve feelings of depression. "A lot of times, young people use gambling as an escape from boredom or depression. They gamble as a way to numb themselves," said Susan McLaren, a social worker from St. Mary's Counselling Service in Kitchener.

This free and confidential service has been a community program of St. Mary's Hospital since 1999 and is funded by the Ministry of Health and Long Term Care. McLaren said people who think they have a problem should call a counselling service and get an assessment. "Then they (counselling service) can come up with a treatment plan for the individual."

Counsellors will help young gamblers overcome their addiction by showing them the negative effects of gambling. "The first thing I would do is change the gambling habits and reduce the harm," said McLaren.

Some of the approaches counsellors use to aid young gamblers are setting money and time limits for them and balancing gambling with other activities in their lives. McLaren said she recommends people do not gamble alone, take breaks from the game and never use credit. "Gambling is not a way to make money. With gambling, people tend to spend more money than with other activities."

McLaren added that gambling problems often escalate for people if they do not seek help. "People develop a tolerance level for gambling. They may start by losing \$100, but then they increase their bets."

She said gambling becomes a problem once people start increasing the amount of time and money they spend on it. After losing money, problem gamblers often



(Photo by Benjamin Richmond)

The recent popularity of poker is enticing adolescents to participate, increasing the risk of youth developing gambling addictions. Children often begin gambling around the age of 10 with family and friends.

begin chasing their bets in order to win their money back. However, this only leads to further problems for the gamblers, such as feeling guilty, lying to their families and stealing money to support their habit.

A gambling addiction could eventually lead a young person to a life of increased crime, disruption of relationships and impaired academic and work performance.

Beers said there are several signs of problem gambling people can look for if they think they, or someone they know, has a gambling problem. These signs include one's loss of interest in other activities, increased interest in gambling, having no money or additional money, absences from school or work, lying and stealing money.

Despite these problematic signs, gambling has gone relatively undetected compared to other forms of addiction. Beers said most young people do not feel the need to hide their gambling behaviour from their families. "Gambling is widely accepted in society."

Although it is often viewed as a harmless behaviour, the long term effects of gambling on youth are as serious as drinking or drug use.

Beers said gambling is taking over as the leading problem amongst students in universities and colleges. "As a social activity it's (gambling) up there with pot use or alcohol abuse."

Beers added the Internet has made gambling more easily accessible than ever before. "A lot of online gambling can even be done in class."

A study by the Responsible Gambling Council (RGC) found that people between 18 and 24 are amongst the most likely group to engage in gambling activities. In 2005, RGC launched a problem gambling advertising campaign to let young people know how to help themselves with their problem. The campaign targeted students in post-secondary institutions, and let them know where to get help in their community.

Students at Conestoga can seek help from the counselling services in Room 2B04.

Brenda Burgess, a counsellor at the college, said students need to know there is no reason to be embarrassed to talk to someone about their problem. "The only way they can get help is to reach out for it."

Not unlike an alcohol or drug addiction, gambling can have a neg-

ative effect, not only on the person doing it, but on their families and friends as well. Burgess said the counselling services at the college can help students by working with them to find the best solutions to their problems. If a student requires more in-depth counselling, they can be referred to a counselling service in the community.

Burgess added the first step for students is to talk to someone about it. "If a student has a problem with gambling, or knows a friend with a problem, they can come here and talk to a counsellor about it."

Burgess said although there are many negative sides to the recent attention on gambling, the positive side is the problems related to gambling are now out in the open. "People are willing to talk about it and get help."

People seeking help for gambling problems can contact Homewood Community Addiction Services, by phone at 519-836-5733, or St. Mary's Counselling Service at 519-745-2585. Other sources for youth gambling can be found through the Ontario Problem Gambling Helpline at 1-888-230-3505, or online at friends4friends.ca.

## CSI's photographer loves her job

By CHANTELLE TIMPERLEY

Business at Shooters, Conestoga Students Inc.'s (CSI) photography studio, is picking up.

Melanie Sander, originally from Alma, Ont., is a 2005 Fanshawe graduate. She was hired as Shooters' photographer in November 2005 by Judy Dusick, CSI general manager, and Janie Renwick, CSI office manager, after responding to a newspaper ad.

It is Sander's first industry job, and so far she is enjoying her new home.

"It's nice to come out of college and then actually be working in one," she said. "I love being here and I love my job. It's great."

Sander said although her new job has been nerve-racking, Conestoga has been very welcoming to her.

"Everyone seems really friendly so far, and I really like it here," she

said. "It's a comfortable place."

Sander has been running her own photography business since she was in college, taking pictures of weddings and other various events. She said right now she is looking forward to moving into her new

**"I love being here and I love my job."**

*Melanie Sander,  
Shooters photographer*

studio, which will be in the new Student Centre, set to open in September of this year.

She is at the school Monday through Friday to take photos for school events, graduation, family and any other portrait photographs.

Graduation photos will have a \$25

sitting fee, which includes a composite. Students can opt for the \$135 package that includes a composite and four sheets of one 8 x 10, four 4 x 10s, two 5 x 7s and eight wallet-sized photos. They can also choose to pay \$35 for one sheet of any of those that are included in the package.

There is no sitting fee for anyone wanting regular photos, which include passport, family and individual shots. For photography other than graduation photos that take longer than 15 minutes, two appointments in a row must be booked.

Prices are in the same range as graduation photos. Passport photos are \$10.

Students wishing to book an appointment with Sander can do so at [www.conestogastudents.com](http://www.conestogastudents.com) by providing their names and student numbers. Payments can be made in the CSI office.



(Photo by Chantelle Timperley)

Melanie Sander is the new photographer for CSI's photo studio, Shooters. Any inquiries about photo packages can be made by calling 748-5131, ext. 19.





## HOROSCOPE

Week of March 6, 2006



## Aries

March 21 -  
April 19

Some hints are being thrown your way this week, Aries. Pay special attention to what your friends and family are saying, especially if they're a little more experienced. Lucky day: 8



## Taurus

April 20 - May 20

Pull out your old yearbook and reminisce about your past glory and achievements, Taurus. Then, look to the future, how can you have continued success? Lucky day: 6



## Gemini

May 21 - June 21

Gemini, don't worry, be happy. In every life we have some trouble but when you worry, you make it double. This song strikes a chord with how you've been stressing. Lucky day: 10



## Cancer

June 22 - July 22

Take some time for yourself this week, Cancer. Maybe you need to go and get a massage or even go to a chiropractor. Your body and mind have been out of whack. Lucky day: 6



## Leo

July 23 - August 22

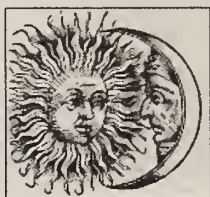
Cruising the hall you pass that one person who's caught your eye from day one. As you glance in his or her direction, you notice them glancing back. Don't look away, but make sure to smile. Lucky day: 11



## Virgo

August 23 -  
September 22

As time passes, Virgo, previous fights that seemed like a big deal now seem petty. Perhaps you should call the person you fought with and have a good laugh over it. Besides, you've been missing him or her. Lucky day: 8



Brandon Walker is a second-year journalism student holding fate in the palm of his hand.



## Libra

September 23 -  
October 22

It's time to get your attendance record straight, Libra. You've missed a lot of classes and staying home won't help you learn anything. You have to rededicate yourself. Lucky day: 10



## Scorpio

October 23 -  
November 21

Are you tired of feeling out of the loop with your family and friends, Scorpio? Maybe if you'd call them once and a while you'd have an idea of what is going on. Lucky day: 7



## Sagittarius

November 22 -  
December 21

Are you getting frustrated with school and work and want to drop off the face of the planet, Sagittarius? Well don't. You've come a long way and don't have much farther to go. Lucky day: 7



## Capricorn

December 22 -  
January 19

Someone in your life is asking for violence, Capricorn. Put some thought into how you can solve these problems non-violently first and if that doesn't work walk away. Lucky day: 11



## Aquarius

January 20 -  
February 18

Say hi to a stranger this week, Aquarius. Open yourself up to new experiences and new people. You might be surprised at what you find out and experience. And it might make those winter blues go away. Lucky day: 10



## Pisces

February 19 -  
March 20

If your birthday falls this week, Pisces, make sure you show some appreciation to all of the attention you're receiving. A 'thank you' goes a long way. Or, if you're feeling forgotten on your birthday, throw a party. Lucky day: 6

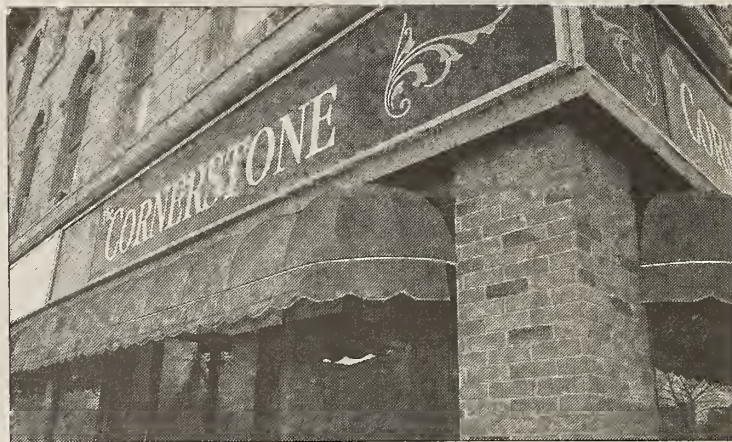
## Healthy eats around corner

By KRISTIN GRIFFERTY

The centre of downtown Guelph features many of the city's most popular bars and clubs, where the beer is always flowing and the people just keep coming. But if you look farther, slightly around the corner, there is a restaurant that also is becoming all the rage.

The Cornerstone restaurant is known by the locals as one of the best places for vegetarians, vegans and adventurous meat eaters alike. Located at the corner of Wyndham and Carden streets, the restaurant features a range of vegetarian and vegan dishes to satisfy even the pickiest of eaters. Tea, coffees and newly installed beer taps help to quench your thirst and help keep the restaurant's tables full, year-round.

As you walk into this tiny but cosy restaurant, the chance to seat yourself and place your own order is available to those in a rush, or the wait staff is more than willing to take your order and serve you your meal. The wall-length blackboard displays all the features of the extensive menu, and you can watch while the cooks prepare your delicacy. The smell of spices, teas, sauces and baked goods is prominent throughout the restaurant. Some believe this is due to the small space, others will tell you that it is a common smell for vegetarians and vegans who tend to



(Photo by Kristin Grifferty)

Local Guelph restaurant The Cornerstone offers vegetarian and vegan cuisine as a more healthy alternative to dining out.

arouse the senses by making common dishes into something new.

The menu at the Cornerstone varies from day to day, which is part of the appeal for many diners. There are, of course, favourite dishes which make the wall-length blackboard daily, but diners can usually expect a few things new on the menu each visit.

Vegan perogies, vegan chili, three bean burritos and roasted red pepper quesadillas offer vegetarian and vegan diners many more options that they would not be able to find in any other regular restaurant, all for a reasonable cost. Many of the dishes are less than \$9, and can start at as little as \$5, which helps keep the tables

filled with local students.

The atmosphere at the restaurant is warm and inviting, partially because of the different types of tables and sitting areas throughout the tiny restaurant.

In the summer, The Cornerstone offers a small but quaint patio area for diners to sit, chat and observe the bustling downtown life.

What sets it apart from other downtown and mainstream restaurants is the friendly staff, the alternative menu choices and the homey feel. The prime location should be the reason that you choose to venture inside, and the food and atmosphere should be what keeps you coming back for more.

## Actor hustles for Oscar

By BENJAMIN RICHMOND

Everybody's gotta have a dream.

Terrence Howard, the star of *Hustle & Flow*, may achieve one of his dreams on March 5, if he wins an Oscar at the 78th annual Academy Awards.

Howard is nominated in the best actor in a leading role category for his role in the 2005 drama, *Hustle & Flow*. In the film, Howard plays DJay, a Memphis pimp going through a mid-life crisis, who attempts to become a rap artist. DJay uses drugs and women to finance his way toward his career in rap music. He bases his music on his experiences as a pimp and the hardships that come along with the lifestyle.

Along with his friends, DJay lays down enough tracks to put together a demo, which he plans to give to a famous rap artist, Skinny Black,

played by Ludacris. Throughout the movie DJay struggles to reassure himself his plan to meet Black will work.

What separates this hip hop movie from others, is the performance by Howard. Fresh off his role in *Crash*, Howard captured the character of an aggressive, disrespectful pimp with a dream of becoming a somebody. Howard seemed comfortable in his role, which could be seen through the Memphis accent and street slang he used.

From slowly lifting a cigarette to his mouth to combing back his Jerry curl, Howard's portrayal of an oily lowlife is right on target.

At the same time Howard shows the audience that, despite his cruel and demeaning nature, DJay is a human being, who has feelings for others.

Aside from Howard's brilliant

performance, *Hustle & Flow* offered some fresh, new hip hop music, which is what the movie is all about. The title song from the movie, *It's Hard Out Here for a Pimp*, was nominated for best original song at the Oscars.

Despite the acting and music, I do feel this movie ran too long at 116 minutes. In my opinion, the story does not really pick up until about 30 minutes into the movie, when DJay starts writing lines in his notepad.

The last 30 minutes of the movie also failed to hold me, which is when DJay goes to meet Skinny Black. The character of Skinny is the typical famous rapper type, complete with gold teeth and crystal in hand. Although there are some slow points in the film, *Hustle & Flow* does have a solid story, brilliant acting and fresh new music.

## COUNSELLOR'S CORNER: Problem Gambling

Casinos, video lottery terminals, Proline, lottery tickets: the opportunities to gamble are everywhere. For many it feels like a harmless means of entertainment, but gambling becomes a problem when the behaviour begins to interfere with your family, personal or school life.

Gamblers Anonymous has a list of twenty questions to determine how gambling is affecting you. For example, how often do you go back to try to recuperate what you lost the day before? Have you claimed to win money that you really lost? Do you ever hide betting slips or lottery tickets from your family? After winning, do you have a strong urge to return and win more? These are just some indications that gambling is a problem in your life.

If you are worried that your level of gambling is no longer fun and you need help to stop, talk to a counsellor. Special community programs for people with gambling problems as well as self-help groups are available in our area. Like other addictions, problem gambling can destroy your life. Sadly, that's one thing you can bet on.

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>



# A place for ski bunnies to cuddle up

By KRISTIN GRIFFERTY

For most students who are single, it's difficult to balance the busy lifestyle of school, work, hobbies and dating. But imagine the convenience and enjoyment if you could combine some of those activities. For skiers and snowboarders, that is now a reality, thanks to the newest craze of ski dating.

Ski dating is a bandwagon that Ski Bromont in eastern Quebec has jumped on, and it's creating quite the buzz. Skiers interested in ski dating are given an armband to tie around their sleeve to signal their interest in meeting someone who could potentially become more than just a chairlift partner. The romantic runs are open until 11 p.m., however, skiers are then invited to take the sparks inside and continue their race to the finish line of love.

A green arm band symbolizes that the skier is open and willing to strike up a conversation, take a romantic run down the mountain, and even cap off the night with some potential non-skiing activities.

A yellow arm band signals that the skier is interested in meeting new people and making small talk, but all the action will stay on the slopes. A red arm band signals no way, no how, this snow bunny is taken.

Ski Bromont has 46 lit trails open during their ski date nights that allow for many flirtatious and romantic chairlift rides and ski racing for every level of skier.

While some may argue that the opportunity to meet someone on the slopes is pretty easy, Ski Bromont has taken it a step further and cut out any questions that the daters may have. Participating in ski date nights and wearing an armband is an open invitation to let others know that you are available, and more than interested in meeting that special someone.

According to the Toronto Star in a Feb. 16 article, boarder and Bromont employee Marie Elaine Dion met her match during one of the mountain's ski date nights. "I guess I'm an early success story!" said Dion.

If the idea of meeting someone on

the slopes doesn't warm you up, Ski Bromont has taken things one step further by offering speed dating, romantically located by the fire.

Just like it sounds, speed dating is a two-minute chance to see if you can strike up a connection with a member of the opposite sex, before moving on to the next candidate. All these elements have increased the popularity of the ski resort which has been open since 1964, and has skiers travelling as far as Montreal to try out their many slopes, moguls and half pipes.

While ski dating is becoming quite successful in Quebec, the question is whether or not the icy matchmaking service would work here in Ontario.

Alex Barkhouse, a snow boarder and employee at Glen Eden Ski and Snowboard Centre for the past two years, has seen more than his share of flirting and hook-ups while working and riding on the slopes. "It's unreal the amount of people who not only flirt with each other, but flirt with you," Barkhouse said. "Even behind goggles and shades,



(Photo by Kristin Grifferty)

Trying to find that special someone on the slopes? Ski Bromont in Quebec offers the newest kind of matchmaking called ski dating. Coloured arm bands let others know you are looking for love or that you are already in a relationship.

you're tempted to chat someone up because you share something in common."

While Barkhouse said he has yet to meet a match on the slopes he

said the idea of ski dating sounds pretty interesting. "I'd be up for it," said Barkhouse. "I mean, snowboarding dates and ski bunnies, what more do you want?"

## Final Destination 3 has serious carnage

By DENISE MÜLLER

With blood spraying throughout the scenes as in *Dracula*, it is clear that the third instalment of *Final Destination* no longer has anything to do with the storyline, but more so with carnage and mind games.

The story is fairly well known. Someone foresees the future and inadvertently saves six other lives while attempting to rescue his or her own.

Death then comes after these seven people, in the order they should have died in, because no one can cheat death.

So why make a sequel? And then another one?

Because it's no longer about the story.

Just like with any sequel, *Final Destination 2* merely milked more money out of something that seemed to have worked well the first time.

But a third one?

Why bother?

It's no longer going to captivate the audience, because they already know what's going to happen to the seven characters. Except, that's not necessarily true.

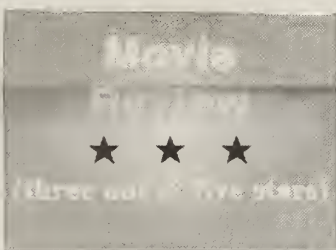
The first two films didn't shy away from showing blood and guts, and became very popular because of that.

The third one had no problems spraying gobs and chunks either.

Almost every death scene shows the main characters covered in blood and allows for the dying to do their grotesque spewing.

But that's not all the third film has to captivate its audience. Each scene comes with a plot twist. Just when you think you know what is going to happen, the scenario changes.

Suddenly, you find yourself trying to out-think the film in between near misses and direct hits.



The opening scene is long and drawn out, with several long-lasting shots that could have illustrated the same point in shorter sequences.

The next scene is only slightly shorter. Toward the end of the movie, it feels like the writers and producers became bored with their own project, and speed everything up a little just to get it done.

The main character, who originally foresees the initial accident, has a younger sister.

The two of them have a disjointed relationship which becomes a bit of a distraction throughout the movie.

The younger sister character could have easily been re-written as a best friend, since their sibling relationship is never explored anyhow.

The acting, which sometimes reminded me of *Party of Five*, was generally pretty cheesy and not too convincing in moments when it needed to be intense and sincere.

Despite the fact that *Final Destination 3* seemed to be more of an inside joke among its writers instead of a serious thriller, the film was entertaining and stuck with the style of its two predecessors, but added new aspects for interest.

The only major letdown of this sequel to a sequel was the end. Although it is left to the viewers' imaginations (maybe to allow for a fourth one?), exactly what you think is going to happen ... happens.

## Bachman takes care of business at Kitchener's Centre in the Square

By ADAM HANNON

After more than 40 years in the music industry, Canadian guitarist Randy Bachman is still takin' care of business. Bachman has released more than three dozen albums since his professional career started in 1965 with The Guess Who.

By 1970, the group had sold more records than the rest of the Canadian music industry up to that point.

Bachman has earned more than 120 gold albums and singles awards worldwide.

On Feb. 17, Bachman took about 2,000 fans on a musical trip down memory lane at Kitchener's Centre in the Square.

He told the stories behind how 11 Guess Who and Bachman Turner Overdrive classics were written. The crowd learned about the Bob Dylan song *Ballad in Plain D* which inspired *She's Come Undone*, and about how the Guess Who used to

write songs with, "7 Up and cookies."

Bachman was backed up by the tight trio of keyboardist/guitarist/vocalist Colin Arthur, bassist Mick Dalla-Vee and drummer Roge Belanger.

Bachman's opening song, *Prairie Town*, was good and sounded almost as good as it did on the original recording. However, a more upbeat number, or at least a bigger hit, would have been a better way to kick off his set.

After *Prairie Town*, every song Bachman and his band played was one of The Guess Who's or BTO's chart-topping hits.

Bachman handled the difficult chord progressions in *She's Come Undone* flawlessly, showing that his playing is still top-notch.

The next two songs were the ballads *These Eyes* and *Laughing*. The former was especially well done, with an excellent vocal performance by Arthur.

The BTO rocker *Let it Ride* was a nice break from the ballads, and featured an excellent solo by Bachman.

This was followed by two mel-lower numbers, *Looking Out for Number One* and *No Time*, both of which were solid performances.

The last Guess Who song Bachman played was their chart-topping hit *American Woman*. Bachman's playing on this number was superb, although his solos were a bit obscured by the rest of the band. He closed a strong set with possibly the best-received songs the whole night, BTO hits *You Ain't Seen Nothing Yet* and *Takin' Care of Business*.

Bachman can be heard on CBC Radio One from 7 to 9 p.m. Saturday Nights, hosting a program called Randy Bachman's Vinyl Tap. On the show, he plays his favourite songs and tells stories from his life on the road and in the studio.



(Photo by Jason Sonser)

### That's Entertainment

Nancy Hamacher, a member of the barbershop quartet That's Entertainment, works the crowd at the Women's Resource Group dinner on Feb. 21. That's Entertainment sang after dessert. The dinner was held at Conestoga College's Waterloo campus to commemorate International Women's Day, which is on March 8.



# Head to head: Rookie of the Year goes to ...

## No overlooking Ovechkin Crosby will take honours

The Winter Olympics break is over and NHL players have returned to their contracted teams to make one last push for a playoff spot. Yet, strangely enough, one of the most publicized battles throughout the season has absolutely nothing to do with the playoffs.

Although the Washington Capitals and Pittsburgh Penguins are battling for the basement of the Eastern Conference, their two best players are in a heated rivalry for the Calder Trophy.

While Penguins forward Sidney Crosby is certainly garnering much of the support among Canadian hockey fans, it's quite obvious that unless the Canadian finishes the season strong, Capitals forward Alexander Ovechkin will be the 2005-'06 rookie of the year.

As of Feb. 27, the 2004 first-overall draft pick was leading the 2005 first-overall draft pick by four points (69 to 65). Even with three games in-hand, Ovechkin also scored 36 goals, eight more than Crosby's 28.

Ovechkin has done it all this year. In 55 games, the franchise winger also scored three game-winning goals, two shorthanded goals, 15 power play goals and has 32 total power play points. As Crosby is projected to only reach 90 points, the new "Alexander the Great" is on pace to eclipse the 100-point plateau with 101.

Not surprisingly, much of the 69 points Ovechkin has accumulated so far are a result of his very own hard work. While Crosby has names like Mark Recchi, John LeClair, Sergei Gonchar and (at the beginning of the season) Mario Lemieux, Ovechkin is continuously forced to rely on mostly unfamiliar



Brent Gerhart

Opinion

players such as Jeff Friesen, Matt Pettinger and Dainius Zubrus to help him with his play.

Ovechkin is the total package. Not only can he score highlight reel goals, but he isn't afraid to use his 6-foot-2, 212-pound frame to his advantage. The Russian doesn't shy away from laying down a hit or fighting for the puck in the corners.

Some argue that Crosby is the more natural goal scorer, but how can anyone discount Ovechkin's goal of the year candidate against Phoenix. I don't think I've ever seen a player score while lying on the ice from a near impossible angle. If that isn't natural goal scoring at its best, I don't know what is.

On top of his sparkling NHL rookie performance, the 20-year-old was also selected to his national team to compete for a gold medal in Turin, Italy while Crosby was left off Team Canada and forced to endure the 16-day break by watching the games on his television.

When it's all said and done, the former Moscow Dynamo stand-out's extra year of experience will be too much for Crosby. And, at the NHL awards ceremony in June, Ovechkin will become the first Russian-born player to win the Calder Trophy since Sergei Samsonov in 1998.

The NHL lockout has given the 2005-'06 season one thing it would have been without.

It has made for a very entertaining Rookie of the Year (Calder Trophy) race between the first overall picks from the 2004 and 2005 NHL entry drafts.

The Washington Capitals' Alexander Ovechkin (from 2004) and the Pittsburgh Penguins' Sidney Crosby have both been impressive even though they both play for cellar-dwelling teams in their respective divisions. Pittsburgh bottoms the Eastern Conference's Atlantic division with 39 points and Washington only has 43 points in the Southeast division.

With both young superstars not playing in the playoffs this season, the two will only compete for the Calder Trophy. I believe even though Ovechkin has three games in hand and four more points (69 points) than his challenger at the Olympic break, Crosby (65 points) will dominate during his final 24 games this season.

Ovechkin is playing more hockey than Crosby since he is playing for Team Russia at the 2006 Torino Winter Olympics and he has three more NHL games during the season. Ovechkin could tire during the end of the NHL season, which could allow Crosby to overtake the Russian for the rookie scoring lead.

Even though Crosby was left off Team Canada's Olympic roster, he will have the Calder Trophy in his trophy case at the end of the season instead.

Crosby had two successful seasons with the Rimouski Oceanic. In 2003-'04 he had 138 points (54 goals and 81 assists), while



Jon Yaneff

Opinion

scoring 16 points in nine playoff games. In 2004-'05 he had 168 points (66 goals and 102 assists), while scoring 31 points in 13 playoff games. He also led his team to the Memorial Cup where the London Knights beat the Oceanic.

With Mario Lemieux retiring the door is open for Crosby to be the Penguins' new legend. For years he will be the player everybody talks about and when the Pens finally have a steady team to back up the superstar, then he will hoist a Stanley Cup just like Lemieux did back in 1991 and '92.

As for Ovechkin, he will have a steady career, but it will be compared with that of fellow Russian Alexander Mogilny. He may win a Cup in the latter stages of his career, but all his superstardom will come earlier for his first team.

Anything can happen between now and when the NHL regular season ends in April. But, one thing is for sure, when Lemieux retired, the door opened for Crosby. The Penguins are his team, just like the Capitals are Ovechkin's team, but Crosby's got to use his supporting players more, such as Mark Recchi to get more points on the scoreboard.

Only then will the coveted Calder Trophy be secured.

# Embroiling Gretzky in betting ring controversy unfair

There are so many more important things in the world than the gambling ring linking Phoenix Coyotes' assistant coach Rick Tocchet and head coach Wayne Gretzky's wife Janet Jones.

Hurricane Katrina destroyed New Orleans last September. On Sept. 11, 2001 four U.S. planes were purposely crashed into the World Trade Center in New York, the Pentagon in Washington, D.C. and a field in Pennsylvania, killing more than 50,000 in the process.

I think the media should worry about the important issues in the world instead of the gambling ring and the speculation that Gretzky was involved.



Jon Yaneff

Opinion

As for the situation, authorities said Tocchet and New Jersey state trooper James Harney ran a sports betting operation that took in more than \$1.7 million in bets in a little more than a month leading up to Super Bowl XL.

Tocchet said the gambling ring is a football issue and has nothing to do with hockey. He received illegal

sports bets from wagers and funneled money back to New Jersey.

He was served with a criminal complaint Feb. 6 and travelled to New Jersey to answer charges of promoting gambling, money laundering and conspiracy. Harney was also charged with the same charges and also official misconduct. Another man accused of taking bets was James Ulmer. He was charged with promoting gambling, money laundering and conspiracy.

Authorities also said the ring was affiliated with the Bruno crime family, which is based in Philadelphia. The ring also controls gambling operations throughout

South Jersey as well as in parts of Newark.

Tocchet, 41, played 18 NHL seasons with six teams, including the Philadelphia Flyers and the Coyotes. He's one of only four players in NHL history to record 400 goals and 2,000 penalty minutes.

This gambling ring controversy is swirling around the National Hockey League's nice guy, Gretzky, but it shouldn't be.

Before the 2006 Torino Winter Olympics, Gretzky declined to answer questions from the media about the gambling ring. He said he didn't have knowledge of Tocchet's gambling ring or the involvement

of his wife placing bets.

According to www.wgr550.com (sports radio's website, home of the Buffalo Sabres) Gretzky said he would remain supportive of his friend and his wife.

"Other than that I have no involvement in the gambling ring," said Gretzky, after a Coyotes' practice. "I'm not in it and it's unfortunate it had to transpire. I appreciate everyone's help and kindness and life goes forward."

Throughout his whole career Gretzky has been the NHL's poster child for moral behaviour.

Things haven't changed so the media should leave him alone and instead bug him about the Coyotes.

# Recreation Centre

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Judo 5:00 - 5:50pm	Latin Dance 5:00 - 5:50pm	Variety Pack 5:00 - 5:50pm Abs and Glutes 6:00 - 6:50pm	Body Pump 5:00 - 5:50pm Strength & Stretch 6:00 - 6:50pm Judo 8:30 - 10:00pm

**reminder: to gain access to any of the facilities at the Rec Centre you must present your student card at the front desk**

## OCAA Results

**Ontario Badminton Finals**  
Karina Olivares / Jun Kim - Finished 2nd in Mixed Doubles  
Pauline Kosza / Lauren Bond - Finished 3rd in Women's Doubles  
Mike Palmer - Finished 5th in Men's Singles



# Is get fit quick a real fix?

By ADAM HANNON

In today's busy world, it's sometimes hard to make time for some of the most important things, like keeping fit.

In response to a consumer population which has put a new onus on speed and convenience of services, several get fit quick gyms have opened in the last few years. However, the question is, are they all they're cracked up to be?

Jonah Fong has been a health promoter at the Cambridge YMCA for three years.

This means he works in the health, fitness and recreation department and wellness department at the YMCA.

He helps supervise people on the equipment, as well as doing orientation clinics for new clients.

In the wellness department he works with what he referred to as post-rehabilitation stage clients. Most of these clients were referred to the YMCA when Bailey's Wellness Centre at Cambridge Memorial Hospital took a funding cut.

Fong said someone would generally need to work out for one to one-and-a-half hours, three times a week, to see a positive change. He said five sets on cardio machines and four or

five sets of exercises for the core muscles (such as abdominal muscles) would be a good start. As a person progresses through an exercise program, Fong suggested they begin to try different kinds of exercises.

He said the human body is designed to do a variety of activities. He said as people progress through their fitness training, they should include activities such as weight training, co-ordination and balance, cardio and core muscle training. He also encouraged group programs such as aerobics classes and yoga.

He added when people are only exercising for 20 or 30 minutes a day, they don't have time to do enough different activities.

"It depends on the lifestyle of the participant," said Fong. "For someone who doesn't have the time to go to the gym for an hour, it's a compromise to their lifestyle."

He added that 20 to 30 minutes is not enough for someone to develop themselves physically and stay fit.

"By no means can they get in shape by doing a 20- to 30-minute workout," said Fong. "I wouldn't call it being fit."

"I think for getting fit and staying healthy, there's no quick fix," said Fong.

He added that another reason it is important for people to stay in

shape is so they do not have unnecessary medical problems and have to be taken care of by the health care system.

"Prevention is the best treatment," said Fong.

He added he does see the need for get fit quick gyms, such as Curves, because some people live such fast-paced lifestyles that exercising for an hour a day is not an option for them.

However, Fong said he wonders about how qualified the supervisors at some of these gyms are.

He said he has heard of a person who has no actual training as a fitness instructor, supervising at a gym.

"I'm not generalizing their standards," said Fong. "But if people want to go to that kind of set up, they should question their supervisor's qualifications."

Peter Howard is the owner of The Blitz 20 Minute Total Fitness for Men franchise in Cambridge. He has worked with The Blitz since September 2003.

Although he did not go to school for fitness training, Howard has coached soccer and baseball at the junior level, and ran 13 marathons. He is also currently taking a refresher course on circuit training.

He said it is not necessary to work



(Photo by Adam Hannon)

Jonah Fong, a health promoter at the Cambridge YMCA, said the human body is designed to do a variety of activities.

out for an hour a day to stay fit.

Howard added that at most gyms, such as the YMCA, there is a lot of waiting for equipment, while at The Blitz there is no waiting.

The program at the Blitz involves a combination of circuit training, strength training and cardio on bikes and heavy bags. He said this training program constitutes a complete workout.

He added that it is important to make good use of your time when you workout.

"Doing 20 minutes for the point of being quick is pointless," said Howard. "You get out of it what you put in."

Howard said the members at his franchise range in age from 11 to 86, but the bulk of them are from the baby boomer generation.

He said The Blitz has been successful with helping people to get in shape, and some of his clients have lost more than 80 pounds since joining.

"It works for anybody," he said.

## Women's extramural hockey team puts forth good effort

By JON YANIEFF

Conestoga's women's extramural hockey team may not have any Cassie Campbells or Haley Wickenheisers on it like Team Canada, but they put forth a similar gutsy effort, which has been lacking in other tournaments this year.

The Condors won one game and lost their other in the one-day, eight-team tournament at the rec centre Feb. 17.

"I think everyone came to play today," said coach Danno Twomey. "It was really nice to see the team come together and it was a good effort on the coaches part." Jeff Jones, Scott Foster and Ryan Howe were the three other coaches who were at the tournament.

Goalie Marlene Ford, who is also the college's athletic director, and the team won their first game of the tournament 4-1 against St. Lawrence College.

Foster said Ford has been battling a sore shoulder over the last two weeks, so for her to play strong is a good sign of things to come.

Jill Eckstein, Laura Grubb, Jen Brubacher and Erin Cannon had the goals for the Condors. Eckstein led the team with two points in the tournament.

Captain Randell Cramp said the win was evidence that everything is starting to come together for the team.

"It was definitely the best game we've played all year," she said. "It was a big ego boast for us and

everybody brought their A game, where there wasn't a best or worst player on the ice at a particular time."

Conestoga was then put into the division of teams who won their first game of the tournament. The Condors and goaltender Jen Ebby lost a hard fought 1-0 battle against Cambrian College.

"The goal against was a bit of a mental breakdown defensively," said Foster. "Other than that it was a very strong game where a lot of players stepped it up and made a lot of good things happen."

Cramp said both goaltenders played amazing.

"They were all over the puck and if we didn't have them we would have a lot more goals scored

against us," she said.

Foster and Cramp said the home ice advantage helped the team.

"We're used to the ice surface because a lot of the other rinks are a bit smaller," said Foster.

"It also benefited us because it was nice to be at home and not have to travel," said Cramp. "We didn't have to wake up early to catch a bus, so it was easier."

Humber College beat Cambrian 2-0 in the championship game, while Durham College defeated St. Lawrence in the consolation game.

The three other teams participating in the tournament were Fanshawe College, Fleming College and Sheridan College.

Conestoga lost all three of their games at the last tournament at

Lambton College in Sarnia Feb. 3.

The final tournament of the school year is March 17 at Seneca College.

Foster said the team will have a few practices before the next tournament, but they are also trying to have a couple of exhibition games with the female officers of the Waterloo regional police and a couple of other local high schools.

"Hopefully all of that can come together within the next few weeks," he said. "It's kind of hard to get the team to gel with reading week blocking any time we would have for practices, so we're trying to continue the same things we've been doing at practice and hopefully we can see results at Seneca."



(Photo by Jon Yanieff)

The women's extramural hockey team (in dark uniforms) face off against Cambrian College.



(Photo by Jon Yanieff)

The Condors lost the game 1-0 at the recreation centre Feb. 17.



# PUB NIGHT CONESTOGA

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# ambush

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